

## Sponsoring Congregations

Central Congregational  
Christ the King  
Countryside United Methodist  
Crestview United Methodist  
Faith Lutheran  
Fellowship Bible Church  
First Baptist  
First Congregational  
First Christian (Disciples)  
First Lutheran  
First Presbyterian  
First United Methodist  
Grace Episcopal Cathedral  
Grace United Methodist  
Lowman United Methodist  
Most Pure Heart of Mary  
Our Savior's Lutheran  
St. Augustine's Anglican  
St. David's Episcopal  
Susanna Wesley U. Methodist  
Trinity Presbyterian  
University United Methodist  
Wanamaker Woods  
Nazarene Church  
Westminster Presbyterian  
West Side Christian

We welcome **clergy** of our **Sponsoring Congregations** to attend **Adventures in Learning FREE for a single class or a full session.**

Please call the office beforehand at **785-249-3258** to let us know you're coming, and then share the Shepherd's Center's story with your congregation.

## Community Partners

Aldersgate Village  
Arbor Court  
Celebration Villa of  
Hearthstone  
Elara Caring  
Grace Home Care  
Great Adventure Tours  
Great Lakes Caring  
Healthcare Resort Topeka  
Home Instead Senior Care  
Jayhawk Area Agency on  
Aging  
Kansas Rehab Hospital  
Legend at Capital Ridge



**Engage, Learn, Enjoy**

**Meet new Friends and Make a Difference!**

Shepherd's Center of Topeka is a interfaith-based ministry that provides opportunities for adults 55 and older to participate in educational, physical, spiritual, and social activities and events.

March / April 2024 Newsletter

Issue No. 89



We're off to an amazing start this year with 155 registered for February Adventures in Learning! Our community is expanding, and more people are discovering the Shepherd's Center. In this newsletter, I want to recognize some of our many volunteers who make the Shepherd's Center possible. I want to thank our exceptional Planning Committee: Elaine Shutt, Peggy McAdoo, Linda Sobba, Carl Nuzman, Wanda Bonnel, and Jim Brewer. Their dedication and hard work bring together twenty-two speakers for each month of Adventures in Learning. That's eighty-eight speakers a year! They strive to provide diverse topics for everyone to enjoy and learn from. Please let them know how much you appreciate their effort in bringing wonderful programs to Adventures in Learning. Check out the back page for special recognition of our Activity Group Coordinators and Sponsoring Congregations. Blessings, Karen

## **Featured Activity Group - Pickleball**

For fun, fellowship, and exercise, 20-30 Shepherd's Center folks gather on Monday and Wednesday afternoons to play recreational pickleball. Shepherd's Center of Topeka has hosted a Pickleball Activity Group for 14 years, growing this Activity Group right along with the growing popularity of the sport.

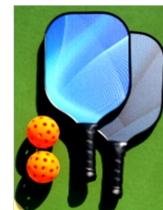
Pickleball, described as playing ping-pong on a shrunken tennis court, is a near-perfect match with the Shepherd's Center mission.

**Learn new things** Pickleball is easy to learn and people of all ages can learn the basics in a half-hour. At Shepherd's Center recreational pickleball, people with varying athletic abilities play together, learning to honor your partner and your opponent, while working to improve your own pickleball game.

**Serve others** While the Shepherd's Center pickleball activity group has two designated volunteer coordinators, participants volunteer every week to help with set-up and take-down. Participants volunteer on the "training court" to help new players learn the basics, often loaning new players a pickleball paddle to try.

**Connect with new friends** From the Selkirk pickleball blog, "The social nature of pickleball has contributed to its rapid growth. As a doubles-based game, it encourages interaction and camaraderie among players, fostering a strong sense of community." Shepherd's Center pickleball is organized so you switch partners each game, rotating out, with the chance to chat with others while waiting to rotate in. Several pickleball players who started with the Shepherd's Center, and now prefer to play a more competitive game, come back to visit occasionally and join in a friendly game.

The game of pickleball, and Shepherd's Center pickleball in particular, is designed to be carefree and fun and is a great workout for both the mind and body. Dave Mathias, one of the Shepherd's Center pickleball coordinators, reminds us that, "There are more ways of winning than keeping score. The minute you walk through the First Baptist gym door, you are a winner." by Betsy Thompson



**REGISTER NOW FOR APRIL 2024 ADVENTURES IN LEARNING!**

# Shepherd's Center's Group Activities

Sign up for our Monday email at [www.shepherdscentertopeka.org](http://www.shepherdscentertopeka.org) to receive information on Activity Groups.

**Bridge Group** - 1st and 3rd Thursday of the month from 1:00 - 3:30 pm, at Our Savior Lutheran Church, 2021 SW 29th St, Topeka. To play, arrangements must be made by Monday at 5:00 by calling Joan Arterburn at 408-5174.



**Hand and Foot Canasta** - 2nd and 4th Tuesday of the month from 2:00 - 4:00 pm, St. David's Episcopal Church, 3916 SW 17th St, Topeka. You will need to be there before 2:00 pm, and stay for the entire game. If you would like to play, please email Caroline Huff at [lilbopper1@gmail.com](mailto:lilbopper1@gmail.com) or call 228-2447.

**Mexican Train Dominoes** - 1st and 3rd Tuesday of the month from 2:00 - 4:00 pm, St. David's Episcopal Church, 3916 SW 17th St, Topeka. Do not enter the building before 1:45 pm. If you are interested in playing, please email the co-coordinators, Oattie Reed, [reed7111@gmail.com](mailto:reed7111@gmail.com), or Mary Adkins, [marycatkeeper@gmail.com](mailto:marycatkeeper@gmail.com)



**Shepherd's Center Book Club** - 1st and 3rd Monday of the month from 2:00 - 4:00 pm at Westminster Presbyterian Church, 1275 SW Boswell Ave., Topeka. Pat Kirkman is the coordinator. Please contact the office at 785-249-3258 for the book of study.

**MAP Group (Memoirs, Ancestry, Photos)** - via Zoom - 4th Wednesday of the month 10:00 - 11:30 am. Contact Rich McReynolds at [rlm4017@gmail.com](mailto:rlm4017@gmail.com) if you would like to join this group. A Zoom link will be sent to you before the meeting.



**Family History Writing Group** - 2nd Wednesday of the month, 10:00 - 11:30 am, Lowman United Methodist Church, room 12. Do you have great family stories to tell, and you want to pass them down to the next generation but don't know where to start? For more information about this group contact the office.

**Line Dancing** - 2nd and 4th Thursday 1:30 - 3:30 and beginners class 1st and 3rd Thursdays from 1:30 - 2:30 at First Baptist Church, 3033 SW MacVicar Ave, Topeka. Please contact Karen Botkin at 785-945-6785 or Jim Bauer at 785-256-2432 at [jimbaer73@gmail.com](mailto:jimbaer73@gmail.com) to register for this activity.



**SMS - Strength, Mobility, Stability Exercise Group (SMS)** Monday 9:00- 9:30 am, Arbor Court, 4200 SW Drury Lane, Topeka. Tuesday and Thursday, 9:00 - 9:30 am, Rosehill Place, 3600 SW Gage Blvd # 97, Topeka. Tuesday and Thursday, 10:00 - 10:45, Grace UMC, 2627 SW Western Ave, Topeka. Please contact Anne Crawford at 785-273- 4527 or email [anne.crawford@cox.net](mailto:anne.crawford@cox.net).

**Tai Chi for Health (TC)** - Tuesday 9:30 - 10:30 at Lowman United Methodist Church and Thursday 9:30—10:30 Topeka Zoo. No training needed, just watch and follow. Please contact Madon Daily at 505-424-8989 or [madondailey@gmail.com](mailto:madondailey@gmail.com). **To Join from Home via Zoom** contact Madon for the Zoom link and password.






**Pickleball** - Monday and Wednesday, 1:00 – 3:00 pm, First Baptist Church, 3033 SW MacVicar Ave, Topeka. Park on West Side where gym is located. Requires a signed liability waiver. SCT Membership strongly encouraged. If you would like to play, contact coordinator Dave Mathias, [davemathias@sbcglobal.net](mailto:davemathias@sbcglobal.net) or Betsy Thompson, [betsyjthompson@gmail.com](mailto:betsyjthompson@gmail.com).

Donations are welcomed to help support the Shepherd's Center of Topeka.

Please Note - Tai Chi available via Zoom. Please see the Activity Group page for location, and times.



# March 2024

| Sunday   | Monday                            | Tuesday   | Wednesday                              | Thursday  | Friday             | Sat |
|--|-----------------------------------|---|--|---|--------------------|-----|
|  |                                   |   |  |   | 1                  | 2   |
| 3  | 4 SMS<br>Book Club<br>Pickleball  | 5 SMS<br>Mexican Train<br>Tai Chi - LUMC  | 6<br>Pickleball                        | 7 SMS, Bridge<br>Tai Chi - Zoo<br>Line Dancing  | 8<br>Board Meeting | 9   |
| 10   | 11 SMS<br>Pickleball              | 12 SMS, Canasta<br>Tai Chi - LUMC   | 13<br>Writing Group LUMC<br>Pickleball | 14 SMS<br>Tai Chi - Zoo<br>Line Dancing         | 15                 | 16  |
| 17<br>St. Patrick's<br>Day  | 18 SMS<br>Book Club<br>Pickleball | 19 SMS, Mexican<br>Train<br>Tai Chi-LUMC<br><b>SPRING</b>  | 20<br>Pickleball                       | 21 SMS, Bridge<br>Tai Chi - Zoo<br>Line Dancing | 22                 | 23  |
| 24<br>Palm Sunday  | 25 SMS<br>Pickleball              | 26 SMS, Canasta<br>Tai Chi - LUMC   | 27 Pickleball<br>MAP via Zoom          | 28 SMS,<br>Tai Chi - Zoo<br>Line Dancing        | 29                 | 30  |
| 31                          |                                   |   |  |   |                    |     |

# April 2024



*Let the  
Adventure Begin!*

| Sunday | Monday                            | Tuesday                                   | Wednesday                              | Thursday   | Friday                          | Sat |
|--------|-----------------------------------|---|--|--|---------------------------------|-----|
|        | 1 SMS<br>Book Club<br>Pickleball  | 2 SMS<br>Tai Chi - LUMC<br>Mexican Train  | 3<br>Pickleball                        | 4 AiL Setup<br>SMS, Bridge<br>Line Dancing<br>Tai Chi - Zoo  | 5<br>Adventures in<br>Learning  | 6   |
| 7      | 8 SMS<br>Book Club<br>Pickleball  | 9 SMS<br>Canasta<br>Tai Chi - LUMC        | 10<br>Pickleball<br>Writing Group LUMC | 11 AiL Setup<br>SMS<br>Line Dancing<br>Tai Chi - Zoo         | 12<br>Adventures in<br>Learning | 13  |
| 14     | 15 SMS<br>Pickleball<br>Book Club | 16 SMS<br>Mexican Train<br>Tai Chi - LUMC | 17<br>Pickleball                       | 18 AiL Setup<br>SMS, Bridge<br>Line Dancing<br>Tai Chi - Zoo | 19<br>Adventures in<br>Learning | 20  |
| 21     | 22 SMS<br>Pickleball              | 23 SMS<br>Tai Chi - LUMC<br>Canasta       | 24<br>Pickleball<br>MAP via Zoom       | 25 AiL Setup<br>SMS, Line Dancing<br>Tai Chi - Zoo           | 26<br>Adventures in<br>Learning | 27  |
| 28     | 29 SMS<br>Pickleball              | 30 SMS,<br>Tai Chi - LUMC                 |  |  |                                 |     |

## Adventures in Learning - Friday, April 5, 2024

**9:00 - 9:50 am**

### **News and Views - Current Events - Get Involved with Kevin McFarland**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

**9:00 - 9:50 am**

### **A Look at the History of Kansas National Guard with Ed Gerhardt**

This presentation will include the history of the Kansas Militia and Kansas National Guard as displayed in the Museum of the Kansas National Guard. The period covered is from the Civil War until the current Global War on Terrorism.

**9:00 - 9:50 am**

### **"Beecher Bibles, Brothers and Sisters" with Bill Stumpf - In Person and via Zoom**

Come hear the stories about Beecher Bibles, aka Sharps Rifles, and the Beecher family including Henry Ward Beecher and Harriet Beecher Stowe. Bill Stumpf will share about the many Kansas connections with the Beecher Bible, Rifle Church and Kansas Immigrants.

**10:00 Break - Refreshments provided by Tanglewood Health and Rehab**

**10:40 - 11:30 am**

### **Writing Children's Books on Grown-up Topics with Rosie Williams, Author**

Meet Rosie, the talented author behind the popular books "Repurposed Faith," and "Nine Pairs of Boots in Vietnam." In 2021, she launched her heartfelt children's book "The Little Jeep Who Couldn't Beep" Vol 1 of the Sgt. Willie series. In January 2024, Rosie released Vol 2. titled "Pink Bows and Yellow Ribbons." Join Rosie as she shares her motivation and passion behind her writing. You may even hear about a miracle or two!

**10:40 - 11:30 am**

### **History of The Topeka Parks Department with Bill Riphahn**

An historical look at the birth, and development of the Topeka Park System. This slide presentation has many old photos, some over one hundred years old, of various parks interwoven with humorous park stories.

**10:40 - 11:30 am**

### **My Journey of Faith with Rev. Ever V. Mudambanuki, Lowman UMC — In Person & via Zoom**

Pastor Ever will share about her native country, Zimbabwe, and her spiritual formation from her late father and mom, who formed her into who she is today. She will share her venture as a new convert in her home church, Chitakatira UMC, and how she became a local Pastor at a large Mutambara Mission School. She will share her journey of faith, college, marriage, miracles, and how she came to the United States of America.

## Adventures in Learning - Friday, April 12, 2024

**9:00 - 9:50 am**

### **News and Views - Current Events - Jim Brewer Moderating**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

**9:00 - 9:50 am**

### **Learning from the Past with Brittany J. Keegan, Curator of Exhibitions, TSCPL Alice C. Sabatini Gallery**

Brittany Keegan will discuss how the two exhibits currently at the Alice C. Sabatini Gallery – Sorting Out Race: Examining racial identity & stereotypes in thrift store donations and Our Stories: African American Topeka Before and After Brown - use historical artifacts to explore connections between the past and present.

**9:00 - 9:50 am**

### **The History of Topeka First United Methodist Church with Larry Wills - In Person and via Zoom**

Do you know that First United Methodist Church is the oldest congregation in Topeka and was built on a fort? Larry Wills will discuss the 169 years of the rich history of the First United Methodist Church that has been preserved in photos and documents.

**10:00 Break - Refreshments provided by Brewster Place**

**10:40 - 11:30 am**

### **All God's Creatures with Pastor Jeff Potter**

Animals are an essential part of our everyday lives in so many ways ranging from food, to labor and innovation, to deep companionship. But how does all of this intersect with our Christian faith? Come be a part of an introductory exploration into the vast and often overlooked world of how our relationships with animals and with God are interwoven.

**10:40 - 11:30 am**

### **A Proven Experiment: The Shepherd's Center Story with Rusty Ryan**

Dr. Rusty Ryan has compiled and published a legacy book with the purpose of serving future older adult generations across the U.S. The book documents the unique Shepherd's Center By, With, And For Older Adults model with a team of writers who helped to shape its history.

**10:40 - 11:30 am**

### **Vintage Baseball with Ben Coates - In Person and via Zoom**

The Western Base Ball Club plays per rules of the National Association of Base Ball Players from the early 1860's. Ben Coates will share his experiences with this vintage game.

## Adventures in Learning - Friday, April 19, 2024

**9:00 - 9:50 am**

### **News and Views - Current Events - Get Involved with Kevin McFarland**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

**9:00 - 9:50 am Services, Resources & Opportunities at Washburn Tech Business & Industry Center with Mark Stock**

The Washburn Tech Business & Industry Center provides services, resources and learning opportunities to business partners and the general public via customized training, apprenticeships, and continuing education opportunities.

**9:00 - 9:50 am**

### **The Red Brick Buildings on SBA Hill: A Retrospective with Paul Post - In Person and via Zoom**

Martin's Hill, SBA Hill, Menninger Hill: These are the names by which the prominence west of Topeka has been called over the last 150 years. Overlooking, as it does, the Kansas River Valley, just to the north, and in the distance to the south, the Wakarusa Valley, this geographical landmark has maintained a close nexus to Topeka since shortly after the founding of our city. Its connection to the Topeka community continues to this day.

**10:00 Break - Refreshments provided by CedarHurst of Topeka**

**10:40 - 11:30 am**

### **The Ugly Truth About Falls with Kathy Selig**

Each year 3 million older adults are treated in the emergency room for injuries related to falls and it is the number one reason older adults come into Stormont Vail with injuries. It is a myth that poor balance is a "natural" result of aging. There are many interventions that can reduce your risk of falls. We will discuss home safety, realistic goals and offer exercises to begin to address improving your balance strategies and making you safer in your community.

**10:40 - 11:30 am**

### **"Murals+, in Topeka" with Andy Valdivia**

Andy will share his series of images - people, places, and events that share personal and community histories, **field trip to follow.**

**10:40 - 11:30 am Gravitational Waves: A New Window on the Universe with Dr. Karen Camarda In Person & Zoom**

Predicted by Einstein's theory of general relativity 1916, gravitational waves were first detected directly in September of 2015. These waves, which we measure as tiny deviations in the gravitational force, are produced by distant violent events such as the collision of two black holes. In my presentation, I will talk about what gravitational waves are, how they are detected, what we can learn from them, and their contribution to "multi-messenger astronomy."

## Adventures in Learning - Friday, April 26, 2024

**9:00 - 9:50 am**

### **News and Views - Current Events - Get Involved with Kevin McFarland**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas & viewpoints. Comments welcomed.

**9:00 - 9:50 am**

### **Topeka Literacy Council "Each One Teach One" with Kathy Diehl Board Member and Tutor**

Kathy will discuss the importance of the Topeka Literacy Council, a not-for-profit organization of volunteers who provide free and confidential one-to-one tutoring to adults, both native and non-native English speakers who want to improve their literacy skills in order to improve their economic standing and raise their self-esteem. The council also serves individuals who want to learn English as a second language.

**9:00 - 9:50 am**

### **Forgotten Stories that Form Topeka's Heritage with Don Chubb In person and via Zoom**

A popular notion in the 19th century was that the Baptists and Congregationalists accompanied the first settlers. The Episcopalians came later and took the train. In Topeka the story is different. The Episcopalians were present at Topeka's founding, and they built the train. The roots of the church in Topeka entwine some of the city's earliest critical institutions, including the first girl's school and its first charity hospital. Topeka native Don Chubb, businessman, longtime church deacon and local historian, paints stories behind how Episcopal churches and institutions, through times of boom and of destruction, contributed to the growth and vitality of the capital city.

**10:00 Break - Refreshments provided by Midland Care**

**10:40 - 11:30 am**

### **Adventures in Music with Randy Wills — In Person and via Zoom**

Join us to uncover the captivating story of Randy Wills, the co-founder of the iconic band The Exceptions, which was established in 1966. With decades of experience leading a highly acclaimed pop/variety band in the Midwest, Wills has not only crafted his own musical legacy but has also been instrumental in fostering budding artists. Randy will share his remarkable evolution as a musician.

**Please Register for Adventures in Learning before Friday, March 22 to avoid a \$5 late fee.**

## 2024 Funding Church Sponsors

|                               |                             |
|-------------------------------|-----------------------------|
| Fellowship Bible Church       | Trinity Presbyterian Church |
| First Lutheran Church         | University United Methodist |
| First United Methodist Church | West Side Christian Church  |
| St. Augustine Anglican Church |                             |

## Thank you to our Community Partners for Providing Refreshments in 2024

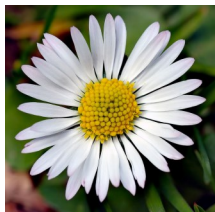
|                         |                       |
|-------------------------|-----------------------|
| Aldersgate Village      | Midland Care          |
| Brewster Place          | Oakley Place          |
| Legend at Capital Ridge | Presbyterian Manor    |
| Lexington Park          | Holiday Senior Living |
| McCrite Plaza           |                       |

**Don't forget that our sponsoring congregations and community partners have a link directly to their websites on our website. Just click on their name at [shepherdscentertopeka.org](http://shepherdscentertopeka.org).**

## Guest Policy

There is no charge for attending Activity Groups. You can attend one FREE Friday at "Adventures in Learning" (AiL) as a guest. You will need to register by mail or online. Please check in at the registration table for your guest name tag.

If you decide to attend other "AiL" classes you will need to pay \$30 registration fee, unless you become a member and then the cost is \$25. It doesn't cost anything to check us out — We would love for you to join us.



### "Because We Care"

If you, or a member you know, are having health issues or have had a death in the family, we sincerely want to hear from you. **Contact Chaplain Charlotte Milroy for Prayer and Support at 785-409-4406 [charmilr@gmail.com](mailto:charmilr@gmail.com).**

## Travel Opportunities 2024

**The following trips are coordinated with Great Adventure Tours. Please call Oneta at 785-633-8761 to register. Mail checks to P. O. Box 4126, Topeka, KS 66604.**

**"Elvis, Aloha From Vega" New Theatre** Overland Park, Lunch Provided, Wednesday, March 6, 9:45 - 5 pm. Cost \$78

**Step Back in Time, Jamesport, Missouri,** Wednesday, May 8, 7:30 am – 6:00 pm. \$89. Jamesport is home to not only the largest Old Order Amish Colony west of the Mississippi River but also the oldest and Only Amish Colony in MO that permits tours of the Colony.

**Disney's Newsies, New Theatre** Overland Park, Lunch Provided. Wednesday, July 31, 9:45 am – 5 pm. \$80 NEWSIES spins the inspirational tale of Jack Kelly - a charismatic newsboy who dreams of a better life.

**Royals vs. Giants Baseball with Fireworks** Friday, September 20, 5:00 pm - midnight. \$89

**Resurrection Church, December** - date and cost to be announced.

**Please contact the office at 785-249-3258 if you have travel suggestions.**

## Membership Questions

Membership is \$30 per calendar year, pre-pay in December or by January 15th (to maximize benefits). The benefits of membership are:

Reduced fee for Adventures in Learning. (\$25 members; \$30 regular fee), printed Membership Directory, and access to the Online Directory. You **do not need to be a member** to participate in our Activity Groups.

Because we are a community ministry, we do not charge for our group activities. Our host locations do not charge us, and we pass it on. However, we encourage people to become members to support the Shepherd's Center in its mission.

We are a volunteer-run organization, and your help is needed. Volunteers are very important to the Shepherd's Center and all aspects of SCT are run by volunteers whose efforts are coordinated by the Director.

# April 2024 “Adventures in Learning” In Person and via Zoom

Check this box if you are a **NEW MEMBER** or if your contact information has **CHANGED**.

**To Register:** Mail registration form and payment to SCT, 4101 SW 15th St, Topeka, KS 66604.

Name (s) \_\_\_\_\_ Phone # \_\_\_\_\_ Home or Cell \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

E-mail Required: \_\_\_\_\_ Place of Worship: \_\_\_\_\_

**Reminder: You can also register and pay online at [www.shepherdscentertopeka.org](http://www.shepherdscentertopeka.org) or you can drop your registration off at the Lowman Office.**

**2024 Membership Dues per Calendar Year \_\_\_\_\_ x \$ 30.00 = \_\_\_\_\_**  
*Adventures in Learning per month* In Person or Zoom \_\_\_\_\_ **Member Rate x \$ 25.00 = \_\_\_\_\_**  
*Adventures in Learning per month* In Person or Zoom \_\_\_\_\_ **Non-Member Rate x \$ 30.00 = \_\_\_\_\_**  
**Please add late fee to your registration if paid after March 22 Registrations x \$ 5.00 = \_\_\_\_\_**  
**Donation to SCT = \_\_\_\_\_**  
**Make Check Payable to SCT - Check Total = \$ \_\_\_\_\_ Check # \_\_\_\_\_**

Check this box if you are a **FIRST TIME GUEST** = You get 1 Friday **FREE**. (Make class selections below)

## Check the 10:00 Box if You Would Like Refreshments.

**April 5, 2024**

**9:00-9:50**

A. News and Views with Kevin McFarland  
 B. History of the Kansas National Guard, Sgt Gerhardt  
 C. Beecher Bibles, Brothers and Sisters, Bill Stumpf  
 D. **ZOOM — Beecher Bibles, Brothers and Sisters**

**10:00 Break Refreshments—Tanglewood Health and Rehab**

**10:40-11:30**

E. Writing Children’s Books on Grown-up Topics  
 F. History of Topeka Parks with Bill Riphahn  
 G. My Journey of Faith with Rev. Ever LUMC  
 H. **ZOOM — My Journey of Faith with Rev. Ever LUMC**

**April 12, 2024**

**9:00-9:50**

A. News and Views with Jim Brewer  
 B. Learning from the Past - The Alice Sabatini Gallery TSCPL  
 C. The History of First United Methodist Church Larry Wills  
 D. **ZOOM – The History of First United Methodist Church**

**10:00 Break Refreshments - Brewster Place**

**10:40-11:30**

E. All God’s Creatures with Jeff Potter  
 F. A Proven Experiment: Shepherd’s Center with Rusty Ryan  
 G. Vintage Baseball with Ben Coates  
 H. **ZOOM — Vintage Baseball with Ben Coates**

**April 19, 2024**

**9:00-9:50**

A. News and Views with Kevin McFarland  
 B. Services, Resources and Opportunities Washburn Tech Business and Industry Center with Mark Stock  
 C. The Red Brick Buildings on SBA Hill with Paul Post  
 D. **ZOOM – The Red Brick Buildings on SBA Hill**

**10:00 Break Refreshments - CedarHurst**

**10:40-11:30**

E. The Ugly Truth About Falls with Kathy Selig  
 F. Murlas+ In Topeka with Andy Valdivia  
 G. Gravitational Waves: A New Window on the Universe  
 H. **ZOOM — Gravitational Waves: A New Window**

**April 26, 2024**

**9:00-9:50**

A. News and Views with Kevin McFarland  
 B. Topeka Literacy Council with Kathy Diehl  
 C. Forgotten Stories that Form Topeka’s Heritage Don Chubb  
 D. **ZOOM - Forgotten Stories that Form Topeka’s Heritage**

**10:00 Break Refreshments - Midland Care**

**10:40-11:30**

E. Adventures in Music with Randy Wills  
 F. **ZOOM — Adventures in Music with Randy Wills**

Adventures in Learning is located at LUMC, 4101 SW 15th Street, Topeka, Kansas, 66604. For questions call 785-249-3258.

**Adventures in Learning - Register before Friday, Mar. 22 to avoid \$5 late fee**



**Shepherd's Center of Topeka**  
**4101 SW 15th Street**  
**Topeka, Kansas 66604-4337**

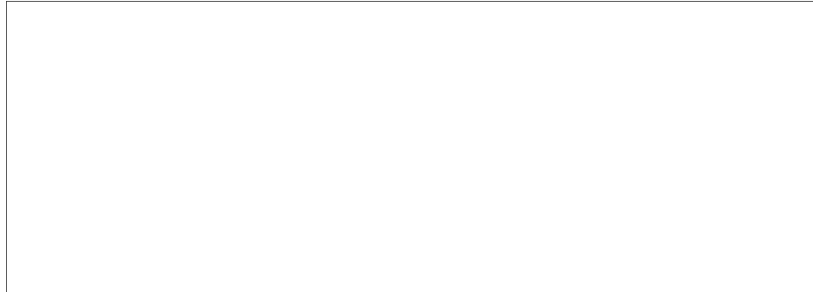
**785-249-3258**

**www.shepherdscentertopeka.org**

**Email: shepherdstopeka@yahoo.com**

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 or email shepherdstopeka@yahoo.com.

Community Partners cont.

McCrite Plaza Topeka

Midland Care

Midwest Health:

Caregivers Home Health

Lexington Park

Rolling Hills

Homestead—Auburn

Oakley Place Care

Presbyterian Manor

Rebound Physical Therapy

Stormont—Vail Healthwise

Tanglewood Health & Rehab

Thornton Place

Topeka—Shawnee County

Public Library

KU Health System St. Francis  
 Campus Continued Care



**Activity Group Coordinators and Sponsoring Congregations**

We owe the success of our Activity Groups to our amazing Activity Group Coordinators. They show up with a welcoming spirit and organize everything from setup to teardown. Without the dedication of the following volunteers, we would not be able to offer these opportunity to you and the community.

**Bridge** Joan Arterburn **Family History Writing** Kathy Harr, Moderator

**Hand & Foot Canasta** Caroline Huff, Coord and Sharon Young, Assist

**Line Dancing** Karen Botkin and Jim Baer **MAP Group** Rich McReynolds (via Zoom)

**Mexican Train Dominoes** Mary Adkins and Oattie Reed

**Pickleball** Dave Matthias and Betsy Thompson **SCT Book Club** Pat Kirman

**SMS Exercise** Ann Crawford **Tai Chi for Health** Madon Dailey

In addition, our Sponsoring Congregations play a vital role in supporting our Activity Groups for the Shepherds' Center. These congregations generously provide a safe and cost-free space for our activities. Thanks to their unwavering support, we are able to offer a diverse range of activities that enrich your life.

**Our Savior Lutheran** - Bridge, **St. David's Episcopal** - Canasta and Mexican Train Dominoes, **Westminster Presbyterian** - SCT Book Club, **Lowman UMC** - Tai Chi and Family History Writing Group, **First Baptist Church** - Pickleball and Line Dancing, **Grace UMC** - SMS Exercise

Please take a moment to express your gratitude to our coordinators and sponsoring congregations when you have the opportunity!

**Newsletter Printed By**

